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# CAMBRIDGE FAMILY NEWS

## from the Center for Families



Information, Support, & Activities for Families with Children Ages 0-8 Living in Cambridge



### July-August 2015

Summer is here, and that means lots of fun! It is incredible how much is going on around the City. No matter what neighborhood in Cambridge you live in, you will find plenty to do. We only wish we could fit it all in the newsletter! Although we cannot fit full schedules in here, we will be posting lots of information on the listserv, FaceBook and Twitter. If you are not already on the listserv, we encourage you to sign up. You can also follow us on Twitter @cntrforfamilies and

friend us on Facebook at facebook.com/cambridgecenterforfamilies. For more information on ways to stay up-to-date on what's happening at the Center for Families and around town, turn to page 7.

Remember, Family Fun Day is July 18, 10:00am-1:30pm on Rindge Field (rear of Peabody School). Event will be held rain or shine (rain location: Peabody School Gym). We hope to see you there!

### Book Bike Summer 2015

This summer, the Cambridge Book Bike is bringing FREE BOOKS and activities for kids of all ages to a park near you!

Book Bike Schedule, All Parks

June 29-August 14, 11:30am-12:30pm

**Mondays:** Greene-Rose Heritage Park (Harvard Street)

**Wednesdays:** Hoyt Field (Gilmore Street)

**Thursdays:** Danehy Park (Sherman Street)

**Fridays:** Gold Star Mothers' Park (Gore Street)

Free Lunch Available for  
kids at these parks  
Mondays-Fridays!

On Fridays, the Book Bike will also be at Russell Field (Rindge Avenue)-no lunch at this site.

Want more information? Check us out online! **Web:** Cambridgebookbike.org, **Face-Book:** @Cambridgebookbike, **Twitter:** @book\_bike.

In partnership with Summer Food Service Program (DHSP), this initiative is part of *Let's Move! Let's Read! Let's Eat!*

### Up Coming Events!

Basketball for Dads	6/27, 7/11, 7/25 8/8, 8/15
Book Bike Begins	6/29
CFF Closed	7/3
CFF Summer Groups Begin	7/6
Friends of Center for Families Meeting	7/8
Family Fun Day	7/18
StoryWalk	7/22
Pajama Story Time	7/29 8/26
Arts in the Park	8/28

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The Center for Families is located at 70 Rindge Ave, in the rear of the Peabody School. It is near the Davis Square and Porter Square T stops, and can be accessed by the 77 and 83 buses.



## SPRING PLAYING AND LEARNING ACTIVITIES!

Here are some fun summer activities that you and your child can do together!  
Call Cynthia at (617) 349-6327 to submit ideas for our next newsletter!

### Summertime Fun!

#### Water Play!

Cambridge has 28 parks with water play facilities, including several designed especially for children age 5 and under!



- For a map of locations, go <http://www.cambridgema.gov/CDD/parks/waterplaymap.aspx>, or ask for a copy at a playgroup or at the Center for Families' office.

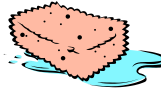
There are **free public pools** in Cambridge:

- Francis J. McCrehan Memorial Swimming and Wading Pool:** 359 Rindge Ave., open June 27-September 7, hours: 11am-7pm. Call 617-661-0670.
- Veterans Memorial Swimming and Wading Pool** 719 Memorial Drive (at Magazine Beach), open June 27-August 23, hours: 11am-7pm. Call 617-661-0564.

Both the water play areas and swimming pools give your child an opportunity to work on gross motor skills, including jumping and swimming. Be sure to wear plenty of sunscreen!

#### Fun with Sponges!

Speaking of water, make a throwing game using sponges. Fill a bucket with water, and toss the sponges into the bucket. How many can you get in? Or use some chalk to draw a target on the ground with different point values. How many points can you get? You can also play a game of catch throwing sponges instead of a ball. It's a fun way to practice throwing while keeping cool at the same time!



#### Bubbles!

Bubbles are another great outdoor activity! Use items around your house, such as a clothes hanger, a fly swatter, or a cookie cutter as bubble wands. In a wide dish or lid, help your child mix together the following ingredients: 1/2 cup of dishwashing liquid, 2 cups of water, 2 teaspoons of sugar.



You can even add some food coloring to give the bubbles color. Talk about how much you are pouring and describe what you are doing. This activity helps your child's brain get ready to learn math!



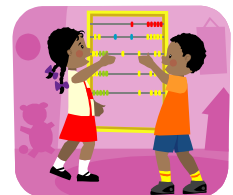
Enjoy your Summer!

## Community Playgroups Fall 2015

### Community Playgroups start in early October!

#### What are Cambridge Community Playgroups?

Playgroups are fun, **FREE** groups for parents and caregivers from Cambridge and their children ages 15 months-5 years old.



#### When and where do they meet?

Each playgroup meets once a week for 8 weeks. Playgroups meet in the morning from 10:00-11:30. There are 5 different locations in Cambridge.

#### How do I sign up?

Registration forms will be mailed out with the September/October newsletter in late August. They will also be on the Center for Families website. You will be able to pick a form up as well at the Center for Families or the Agenda for Children (119 Windsor Street.). You can also request the forms by emailing Cynthia at [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov).

#### Are there Community Playgroups in the summer?

We do not offer Community Playgroups during the summer. However, we have many drop-in playgroups. They are held in different parks around Cambridge. For a complete schedule, turn to page 3.

# PLAYING AND LEARNING ACTIVITIES

Help us all stay healthy! Please stay home if you or your child has had a fever, chronic cough, has thrown up or had diarrhea within 24 hours of activities. We want to make sure everyone stays germ-free!

## Center for Families Summer Playgroup Schedule

*The following groups run*

*July 6—August 20*

Park Drop-in playgroups are for Cambridge families with children ages 0-5. Come have some special time with your children and chat with other parents and the Center for Families staff. We will have different fun summer activities and games to share as a group, such as bubbles, games, balls, water play, and more! We will read stories and sing songs at Questions? Call the Center for Families at 617-349-6385.

### Mondays

- *Silva Park*, Otis St. & Sciarappa St., 10:00-11:30am
- *Hoyt Park*, Gilmore St., 10:00 -11:30 am
- *Infant Playgroup* (15 mos and under) Center for Families, 70 Rindge Ave. (rear, door 10), 12:30pm-2:30pm \*Indoor

### Tuesdays

- *Russell Field/Fresh Pond Apartments*, 10:00-11:30am. This group will meet at the park across the street from 364 Rindge Ave. (next to the McCrehan Pool).

### Wednesdays

- *Bergin Park*, Haskell St., 10:00-11:30 am
- *Glacken Playground*, 633 Huron Ave., 10:00-11:30am

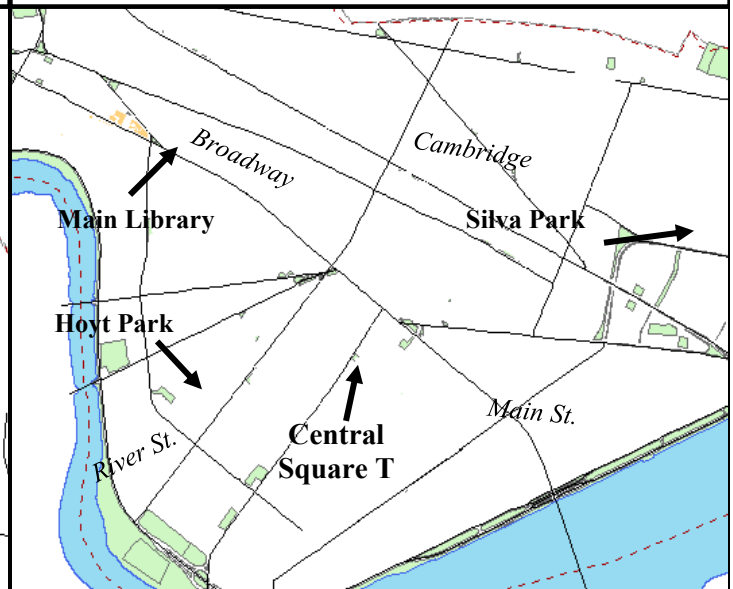
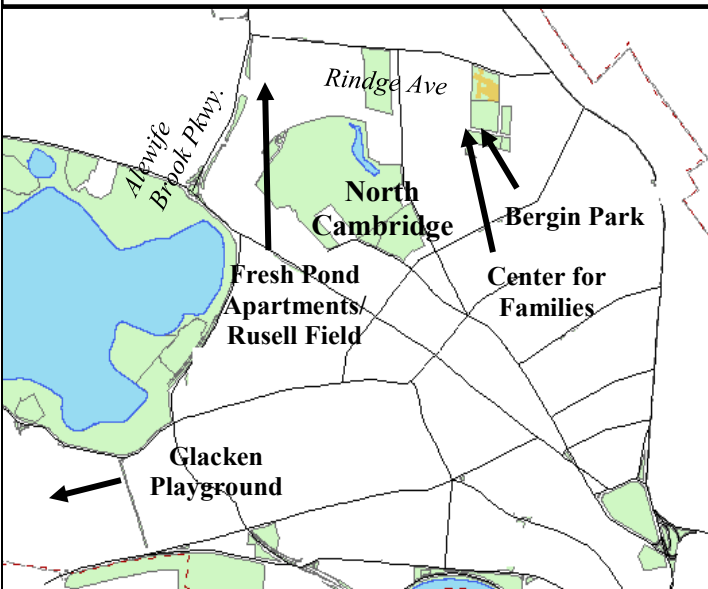


### Thursdays

- *Newtowne Ct.*, Windsor St., 10:00-11:30am
- **NEW DAY: Infant Playgroup (15 mos and under)** Margaret Fuller Neighborhood House, 71 Cherry St. (grey door on the right side) 12:30pm-2:30pm \*Indoor

### Reminders:

- All Summer Park Playgroups (outside) and Babytime Playgroups (inside) begin the week of July 6th
- Summer Park Playgroups (outside) and Babytime Playgroups (inside) end the week of August 17th
- Drop-in Playgroups (inside) and Babytime Playgroups (inside) will begin again Tuesday, September 8th



Maps are designed to give parents and caregivers a better sense of playgroup locations and are an approximation of where groups are located. If you have questions about where a group or event is located, please feel free to call the Center for Families at 617-346-6385.

## Center for Families Drop-In/Events Calendar: July-August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>June 29</b> Book Bike @Greene-Rose 11:30-12:30	<b>June 30</b>	<b>July 1</b> Book Bike @Hoyt Field 11:30-12:30	<b>2</b> Book Bike @Danehy Park 11:30-12:30	<b>3</b> CFF Closed	<b>4</b> Fourth of July
<b>5</b>	<b>6</b> Silva Park 10:00-11:30 Hoyt Park 10:00-11:30 Book Bike @Greene-Rose 11:30-12:30 CFF Babytime 12:30-2:30	<b>7</b> Russell Field 10:00-11:30	<b>8</b> Bergin Park 10:00-11:30 Glacken Playground 10:00-11:30 Book Bike @Hoyt Field 11:30-12:30 Baby Massage 12:30-1:45 <b>FCFF Meeting @ CFF 6:30-8:00</b>	<b>9</b> Newtowne Court 10:00-11:30 Book Bike @Danehy Park 11:30-12:30 MFNH Babytime 12:30-2:30	<b>10</b> Book Bike @Gold Star Mothers' Park 11:30-12:30 Book Bike @Russell Field 11:30-12:30	<b>11</b> Basketball for Dads @Area IV Youth Center 10:00-12:00
<b>12</b>	<b>13</b> Silva Park 10:00-11:30 Hoyt Park 10:00-11:30 Book Bike @Greene-Rose 11:30-12:30 CFF Babytime 12:30-2:30	<b>14</b> Russell Field 10:00-11:30	<b>15</b> Bergin Park 10:00-11:30 Glacken Playground 10:00-11:30 Book Bike @Hoyt Field 11:30-12:30 Baby Massage 12:30-1:45	<b>16</b> Newtowne Court 10:00-11:30 Book Bike @Danehy Park 11:30-12:30 MFNH Babytime 12:30-2:30	<b>17</b> Book Bike @Gold Star Mothers' Park 11:30-12:30 Book Bike @Russell Field 11:30-12:30	<b>18</b> Family Fun Day @Rindge Field 10:00-1:30
<b>19</b>	<b>20</b> Silva Park 10:00-11:30 Hoyt Park 10:00-11:30 Book Bike @Greene-Rose 11:30-12:30 CFF Babytime 12:30-2:30	<b>21</b> Russell Field 10:00-11:30	<b>22</b> Bergin Park 10:00-11:30 Glacken Playground 10:00-11:30 Book Bike @Hoyt Field 11:30-12:30 Baby Massage 12:30-1:45 <b>StoryWalk @Newtowne Court 5:30-7:00</b>	<b>23</b> Newtowne Court 10:00-11:30 Book Bike @Danehy Park 11:30-12:30 MFNH Babytime 12:30-2:30	<b>24</b> Book Bike @Gold Star Mothers' Park 11:30-12:30 Book Bike @Russell Field 11:30-12:30	<b>25</b> Basketball for Dads @Gately Youth Center 10:00-12:00
<b>26</b>	<b>27</b> Silva Park 10:00-11:30 Hoyt Park 10:00-11:30 Book Bike @Greene-Rose 11:30-12:30 CFF Babytime 12:30-2:30	<b>28</b> Russell Field 10:00-11:30	<b>29</b> Bergin Park 10:00-11:30 Glacken Playground 10:00-11:30 Book Bike @Hoyt Field 11:30-12:30 Baby Massage 12:30-1:45 <b>Pajama Story Time @O'Neill Library 6:30-7:45</b>	<b>30</b> Newtowne Court 10:00-11:30 Book Bike @Danehy Park 11:30-12:30 MFNH Babytime 12:30-2:30	<b>31</b> Book Bike @Gold Star Mothers' Park 11:30-12:30 Book Bike @Russell Field 11:30-12:30	<b>August 1</b>
<b>2</b>	<b>3</b> Silva Park 10:00-11:30 Hoyt Park 10:00-11:30 Book Bike @Greene-Rose 11:30-12:30 CFF Babytime 12:30-2:30	<b>4</b> Russell Field 10:00-11:30	<b>5</b> Bergin Park 10:00-11:30 Glacken Playground 10:00-11:30 Book Bike @Hoyt Field 11:30-12:30	<b>6</b> Newtowne Court 10:00-11:30 Book Bike @Danehy Park 11:30-12:30 MFNH Babytime 12:30-2:30	<b>7</b> Book Bike @Gold Star Mothers' Park 11:30-12:30 Book Bike @Russell Field 11:30-12:30	<b>8</b> Basketball for Dads @Area IV Youth Center 10:00-12:00
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<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Pajama Story Time @O'Neill Library 6:45-7:30	<b>27</b>	<b>28</b> Arts in the Park @Riverside Press Park 10:00-11:30	<b>29</b>
<b>30</b>	<b>31</b>	<b>September 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

See page 1 for locations of Book Bike.

See page 3 for locations of Summer Park Groups and Babytime Groups.

See page 5 for locations of Basketball for Dads.

See page 6 for locations of events.

# FATHERS' CORNER

## Fatherhood in Cambridge



Are you new to Cambridge, or just looking to join a network of fellow Dads?

**Luis** is the Fatherhood Outreach Worker representing both the Center for Families and the Agenda for Children Literacy Initiative. He will connect you to resources, services, and Dads across the city.

Get in touch with Luis by emailing him at: [Lvasquez@cambridgema.gov](mailto:Lvasquez@cambridgema.gov).

## Dads "In Their Own Words"

### Calling all Dads!

What does Fatherhood mean to you? Write in any form and length to be featured in a gallery at a prominent City location. Additionally, one submission will be hand-selected by Cambridge Scout Magazine to be featured in an upcoming issue!

Contact Luis at [Lvasquez@cambridgema.gov](mailto:Lvasquez@cambridgema.gov) for more information.

## Basketball for Dads!



Have a spare Saturday morning to lace 'em up with other Dads? Join us Dads on **Saturday mornings from 10am-12pm** on the following dates:

- **June 27, Gately Youth Center Gym** (70 Rindge Avenue)
- **July 11, Area 4 Youth Center Gym** (243 Harvard Street)
- **July 25, Gately Youth Center Gym**
- **August 8, Area IV Youth Center Gym**
- **August 15, Gately Youth Center Gym**

Email Luis at [lvasquez@cambridgema.gov](mailto:lvasquez@cambridgema.gov) with questions or for more information!

## Cambridge Dads on Social Media



**Building an online network of Dads to promote active parenting and self-care. An initiative of the Center for Families and the Agenda for Children Literacy Initiative.**

Follow **@CambDads** on Twitter

'Like' **Cambridge Dads** on Facebook

Get connected today!

## Fatherhood Text Campaign



### Join the Center for Families Fatherhood Text Campaign!

Receive a text once a week about fatherhood, events, and activities to do with your kids in and around Cambridge.

**Step 1: Text "father" to 95577**  
(standard text messaging rates apply)

**Step 2: Receive a confirmation text**

**Step 3: Keep Being A Great Dad!**



# Upcoming Workshops, Classes & Events

## Workshops and Events

### Movement & Yoga for Parents & Children

Yoga will be held in August. Looking for information on date and location from Christine Doucet, coming soon!

A movement-based class for parents and children ages 4-8 years old, where they do relaxing exercises and yoga together. Please wear comfortable clothes. **Contact Christine at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov) with questions.**



### Family Fun Day!

Saturday, July 18, 10:00am-1:30pm, Rindge Field, 70 Rindge Avenue (rear of Peabody School).

The Center for Families' Annual **Family Fun Day** will have lots of fun activities for children 0-8 years & their families! Free light lunch will be served. For more information, call 617-349-6385. Rain location: Peabody School Gym.

### StoryWalk!

Wednesday, July 22, 5:30pm-7:00pm, Newtowne Court/Washington Elms, Windsor Street.

Come join the Center for Families and the Agenda for Children for FREE pizza, books, arts & crafts, and entertainment while walking and searching the pages of a book! **No need to register, just come! Call 617-349-6385 with questions.**

### Pajama Story Time

Wednesdays, July 29 and August 26, 6:45pm-7:30pm, O'Neill Library (70 Rindge Ave.)

Come to the library to listen to stories, read with your children, and have a snack before bed. Feel free to come dressed in your favorite pajamas! There will be FREE book giveaways. **No need to register, just come! Call Cynthia at 617-349-6327 with questions!**



### Arts in the Park!

Friday, August 28, 10:00am-11:30am  
Riverside Press Park, corner of River Street and Blackstone Street

Children ages 2-8 and their families are invited to join the Center for Families for a fun morning of listening to stories and doing arts & crafts. **No need to register, just come! Call Cynthia at 617-349-6327 with questions!**



## Coming Back in Fall 2015!

Did you know the following programs will return again in the fall of 2015?

- **Dads & Kids at the Gym** (October)
- **Mothers' Discussion with Craft Activity** (September)
- **Yoga** (October)
- **Discovery Group** (November)
- **Community Playgroups** (register in September, groups start in October)
- **Indoor Drop-In Playgroups** (September)
- **Parenting Workshops** (September)
- **Art & Literacy Nights** (November)

**Be sure to check back in with the Center for Families later this summer or check out our September/October Newsletter to hear more about our programs and dates!**



## Infant Activities

### BABYTIME: Caring, Playing, Nurturing

(parents/caregivers with infants 0-15 months)

Informal groups for parents or caregivers with infants. They are an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. Christine will lead a short sing-a-long.

**Mondays 12:30 - 2:30 pm**—Center for Families, 70 Rindge Ave., enter in the rear, door 10.

**Thursdays, 12:30 - 2:30 pm**—Margaret Fuller Neighborhood House, 71 Cherry St., grey door on the right side of the building. **\*DIFFERENT DAY FOR SUMMER**

**Contact Christine at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov) with questions.**

No registration required. Please choose only one group to attend per week. **\*Infant Playgroups will run this summer starting July 6—August 18.**

### Baby Massage/Nurturing Touch & Infant Development Series

(based on WINC without borders material and curriculum)

Wednesdays, July 8, 15, 22, and 29 (4 week session only), 12:30-1:45pm, Center for Families, 70 Rindge Avenue.

Massaging your baby and growing child helps you develop a strong relationship with your baby. The discussion topics are designed to support you in your parenting. Also, this series might help your baby to have less gas and constipation, relax better and cry less, and sleep longer. **To register contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**

**Did you know?** For breastfeeding information, contact the Doula Program at the Cambridge Health Alliance at 617-665-1164. For more infant programming, contact the Jewish Family & Children Services-at Temple Eitz Chayim at 781-693-5652.

# CENTER FOR FAMILIES NEWS

## Friends of the Center for Families



**Hello Parents, Guardians, Grandparents, Family Childcare Providers, Child Care Workers & Others!**

**Who we are:** A diverse group of dedicated Cambridge Mothers, Fathers, and caregivers working together to support the Center for Families. We are thankful for this wonderful program, the parenting workshops, playgroups, Family Fun Day events, and many other activities. The staff of the Center are amazing and the door is always open for families. For these reasons, we come together once a month to talk, plan, share, laugh, and have fun while offering support for this fantastic program.

**Next Meeting:** Wednesday, July 8 (no August meeting)

**Time:** 6:30-8:00pm

**Where:** 70 Rindge Ave. (enter in rear of school, knock on door 10)

*Light snacks available. Childcare provided upon advanced request.*

## Free Pool Passes for Participating Families!



The Center for Families has limited 1-time family passes for the **Atlantis Sports Club & Spa**. Passes are for participating families.

To use the passes, you must live in Cambridge and currently attend at least one of our playgroups or have come to a workshop or event hosted by the Center for Families in the last 6 months.

The passes will allow FREE admission to the Atlantis Sports Club & Spa (use of the pool included) located at 575 Memorial Drive, Cambridge (located inside the Hyatt Regency).

For more information, contact Lucy at 617-349-6967 or [lhernandez@cambridgema.gov](mailto:lhernandez@cambridgema.gov).

## Stay connected with the Center for Families

We have lots of ways for you to **stay up-to-date** on Center for Family programs!

- Subscribe to our **Google Group Listserv** and get updates and connect with other parents. To be added to the listserv call (617) 349-6327 or email [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov).
- Follow us on **Twitter** @cntrforfamilies
- Friend us on **Facebook** at [Facebook.com/cambridgecenterforfamilies](https://www.facebook.com/cambridgecenterforfamilies)
- Check out our **website**: [www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)
- Fatherhood Text Campaign. Text "father" to 95577



Also, please fill out a **Center for Families Registration Form** to be on our mailing list. Registration forms are at our office, playgroups, events, or on our website.

## Caught in the Act!



At the **Center for Families and Baby University**, we are privileged to have an amazing group of staff who work tirelessly to ensure we are able to run programming for all Cambridge families.

In this Newsletter, we want to recognize the **staff of the Center for Families and Baby U** for their dedication, hard-work, and positive attitudes!

Be sure to congratulate the **all the Center for Families and Baby U staff** for being **Caught in the Act!**

## Help in a Bag!



The Center for Families now offers resource bags on children's hitting & biting, fun with language, and transitioning to childcare, preschool or kindergarten. Each bag is filled with books for toddlers and preschoolers as well as articles and resource lists, including websites for parents.

If you are interested in borrowing any of the resource bags or have any questions, please contact Lucy at 617-349-6967 or [lhernandez@cambridgema.gov](mailto:lhernandez@cambridgema.gov).

# COMMUNITY INFORMATION

## Free Fun Fridays!



The Highland Street Foundation is offering free admission to 70 museums and cultural venues over 10 Fridays this summer (starting June 26)!

For a complete list of locations and dates, go to [www.highlandstreet.org](http://www.highlandstreet.org) or pick up a flyer at the Center for Families! **For more information, call 617-969-8900.**

## Cambridge Public Library

**The Cambridge Public Library has lots of fun programs and activities this summer for Cambridge Families!**

When you're not reading, you'll find nonstop entertainment at the library full of science, magic and stories. We'll have baby animals to pet, reptiles to admire, things to make, and movies to watch. And be sure to check out our free and discounted passes to museums and zoos available with a Minuteman library card.

**For more information, go to <https://www.cambridgema.gov/cpl> or pick up a Cambridge Public Library 2015 Summer Reading Guide at your local library or Center for Families!**

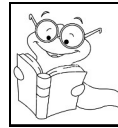


## Getting Ready for School!

If your child will be starting preschool or kindergarten for the first time in September, there are things you can do to help him or her get ready:

- **Talk to your child about starting school**
- **Visit the school**
- **Get your child into a routine**
- **Read books about starting school.** There are some great children's books available at the library about the first day of school, including:
  - *Chrysanthemum* by Kevin Henkes
  - *Timothy Goes to School* by Rosemary Wells
  - *Emily's First 100 Days of School* by Rosemary Wells
  - *Will I Have a Friend?* by Miriam Cohen
  - *School Bus* by Donald Crews
  - *First Day Jitters* by Julie Danneberg
  - *Miss Bindergarten Gets Ready for Kindergarten* by Joseph Slate
- **Focus on the positive**

## Pathways to Family Success



- *Do you have a child who is in grades kindergarten to 3rd grade?*
- *Is English not your first language?*

If you answered yes to these questions, then Pathways to Family Success could be for you! Pathways is a support program that works with immigrant parents of school age children to better understand the U.S. School system, help support your children's learning and connect to community resources to help you and your family succeed. **For more information, contact Beth at 617-665-3827.**

## Agenda for Children: Let's Talk

### Small Talk. Big Change.

Did you know? Simply talking with babies, toddlers, and preschoolers during everyday activities prepares them for school...years later! How? Talking develops young brains and builds vocabulary, making it easier to learn how to read.

**Let's Talk!** is a free early literacy program in Cambridge that offers services for moms, dads and child care providers – including workshops, literacy home visits, and fun family events.

**For tips and resources on ways to support young children, connect with Let's Talk! at:**

**[www.letstalkcambridge.org](http://www.letstalkcambridge.org), on Facebook ([facebook.com/LetsTalkCambMA](https://www.facebook.com/LetsTalkCambMA)) and Twitter (@LetsTalkCambMA)!**



## Ask Jayne

Looking for information about child care, the wait list, vouchers, kindergarten, after-school, early intervention, special education and more? **Please contact Jayne Cantor at 617-349-6086 or by emailing Jayne at [jcantor@cpsd.us](mailto:jcantor@cpsd.us).**



# COMMUNITY RESOURCES

## Adult Education

- **Cambridge Employment Program:** Provides free assistance to Cambridge residents looking for work, career counseling, help with resumes/cover letters, using a computer/internet to help with job searches, and interviewing. Please call 617-349-6166 or stop by 51 Inman St, 1st floor.
- **Cambridge Community TV:** Offers free weekly computer drop-in programs to members of the community. There is no need to sign-up. For more information, please call 617-661-6900.
- **Asian American Civic Association:** Next Steps Transitional English program is a free English class for people who have an intermediate-high level of English. For more information, call 617-426-9492 x251 or x318.
- **Community Learning Center (CLC):** Offers ESOL Family Literacy classes for parents to help them develop their English skills and provide literacy support to their children. Contact Bayyinah Pandolfo at 617-349-6371 for more information and to hear about current openings.

## Childcare, School & Support

- **Department of Human Service Programs (DHSP):** Runs programs for children and families, including Preschool and School-Age Childcare, Community Schools, and Youth Centers around the City. For information, call 617-349-6200 or visit [www.cambridgema.gov/DHSP](http://www.cambridgema.gov/DHSP).
- **Family Resource Center (FRC):** For information about the Cambridge Public Schools registration and waitlists, call 617-349-6551 or the Multilingual voice mail at 617-349-6550 (Portuguese, Haitian Creole, Spanish).
- **The Guidance Center:** Provides an array of services to help children and families cope with developmental, mental health, social and behavioral

difficulties. Call (617) 354-2275.

- **Are you ready to be a parent or have a newborn baby?** Attend a Happiest Baby Class and learn how to soothe even the fussiest baby in minutes! Call 617-575-5343
- **Jewish Family & Children Services:** Located at Temple Eitz Chayim. Parents with babies support group runs Thursdays from 10:00-11:30 at 134-136 Magazine St. Cambridge. Call 781-693-5652 with questions.
- **East End House (105 Spring St., Cambridge):** Holds FREE drop-in family playgroups every Tuesday from 10am-11:30am for children ages 0-5. Arts, games, puzzles, stories, and light snack provided. Call 617-876-4444 for more information or visit [www.eastendhouse.org](http://www.eastendhouse.org).
- **Doula Support Program:** The Doula Program at the Cambridge Health Alliance offers groups for new parents. Bring your baby and relax. Groups are open to all new parents. Call 617-665-1164 for info.

## Food & Clothing

- **The Cambridge Food Pantry Network:** Provides food and information about food pantries to families around the city such as the Margaret Fuller House and the East End House, call the Cambridge Economic Opportunity Committee (CEOC) at (617)-868-2900.
- **The Children's Clothing Exchange:** A program of Solutions At Work. The Exchange takes children's clothes in good condition to trade for other clothes or equipment. Call for information: 617-576-0039.
- **The Somerville/Cambridge WIC Program:** Provides nutrition education, breastfeeding support, and nutritious food for pregnant women, infants, and children up to age 5. For more info. call the WIC at Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-575-5370.

## Housing

- **The Cambridge Multi-Service Center:** Provides housing information and assistance to families from Cambridge who are or are at risk of becoming homeless. Call 617-349-6340.

## Special Needs Services

- **Cambridge-Somerville Early Intervention:** Provides developmental services for children under age three at risk for developmental delays. If you are concerned about your child's development, call 617-629-3919
- **Eliot Community Health Services:** Eliot Cambridge/Somerville Early Intervention Program now offers early intervention services to families living in Cambridge/Somerville. Call 339-227-1020
- **Cambridge Special Start:** Provides developmental screenings for children ages 3 & 4. For more information, call Jeannie Parkus at 617-349-3252.
- **The Cambridge Program for Individuals with Special Needs:** Serves people with special needs from school age to adults. There is a Saturday morning recreation program. Call 617-349-6200
- **Cambridge Commission for Persons with Disabilities:** Provides information and referrals to individuals with disabilities and their families on all kinds of disability and access issues. Call 617-349-4692 or see <https://www.cambridgema.gov/DHSP/programsforadults/ccpd.aspx>

**The Cambridge Somerville Resource Guide** has listings for more services in the community at [www.cambridgesomervilleresourceguide.org](http://www.cambridgesomervilleresourceguide.org).

**If you are not able to find what you want, call the Center for Families at 617-349-6385.**

# CENTER FOR FAMILIES STAFF

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**The Center for Families has staff members who speak: Amharic, Bangla, Persian/Farsi, French, Italian, Portuguese, Haitian-Creole, Hindi, Pashto, Spanish, Urdu, and Vietnamese.**

**Main Office**

**617-349-6385**

**Fax:**

**617-349-6386**

**Web:**

[www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)

**Facebook:**

<http://on.fb.me/xzNyXs>

**Twitter:**

<http://twitter.com/cntrforfamilies>

**Email:**

[centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov)

**Center for Families**

Office and Resource Room:  
Peabody School Community Wing  
(entrance in rear of school door 10)  
70 Rindge Avenue  
Cambridge, MA 02140

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The Center for Families receives funding from the City of Cambridge, Friends of the Center for Families, the Massachusetts Department of Early Education and Care (DEEC), and the Massachusetts Children's Trust. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance.

The Center for Families serves families of children 0-8. Activities are open to all Cambridge residents.



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**Center for Families**

c/o Dept. of Human Service Programs  
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